



Tuna Noodles



Noodles

The Noodles are ready to serve. They can be eaten cold as salad or warmed. To warm toss in a dry non stick pan. The dish contains peppers, spring onion, pickled ginger and our own Ocean Jewels dressing - ingredients below.

Our salad dressing contains the following: Soya sauce, apple juice, lemon juice, white vinegar, rice wine vinegar, oil, garlic and ginger.

Tuna

1. Heat a little oil in a pan. Coconut oil works well but you can use vegetable oil as well.
2. Dip the Tuna in a little soy sauce.
3. Sear quickly while tossing around in the pan.
4. Cook to about medium. 2 to 3 minutes.